



Seattle-Tacoma
International
Airport

Nursing & Lactation Spaces in Aviation

Accessibility and Other Considerations

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Agenda:

- Federal Regulations and Requirements
- Accessibility Considerations
- Lactation vs Nursing Rooms
- Customer Service
- Opportunities for Future

Image courtesy of www.kamdora.com



Image courtesy of Heather Karch

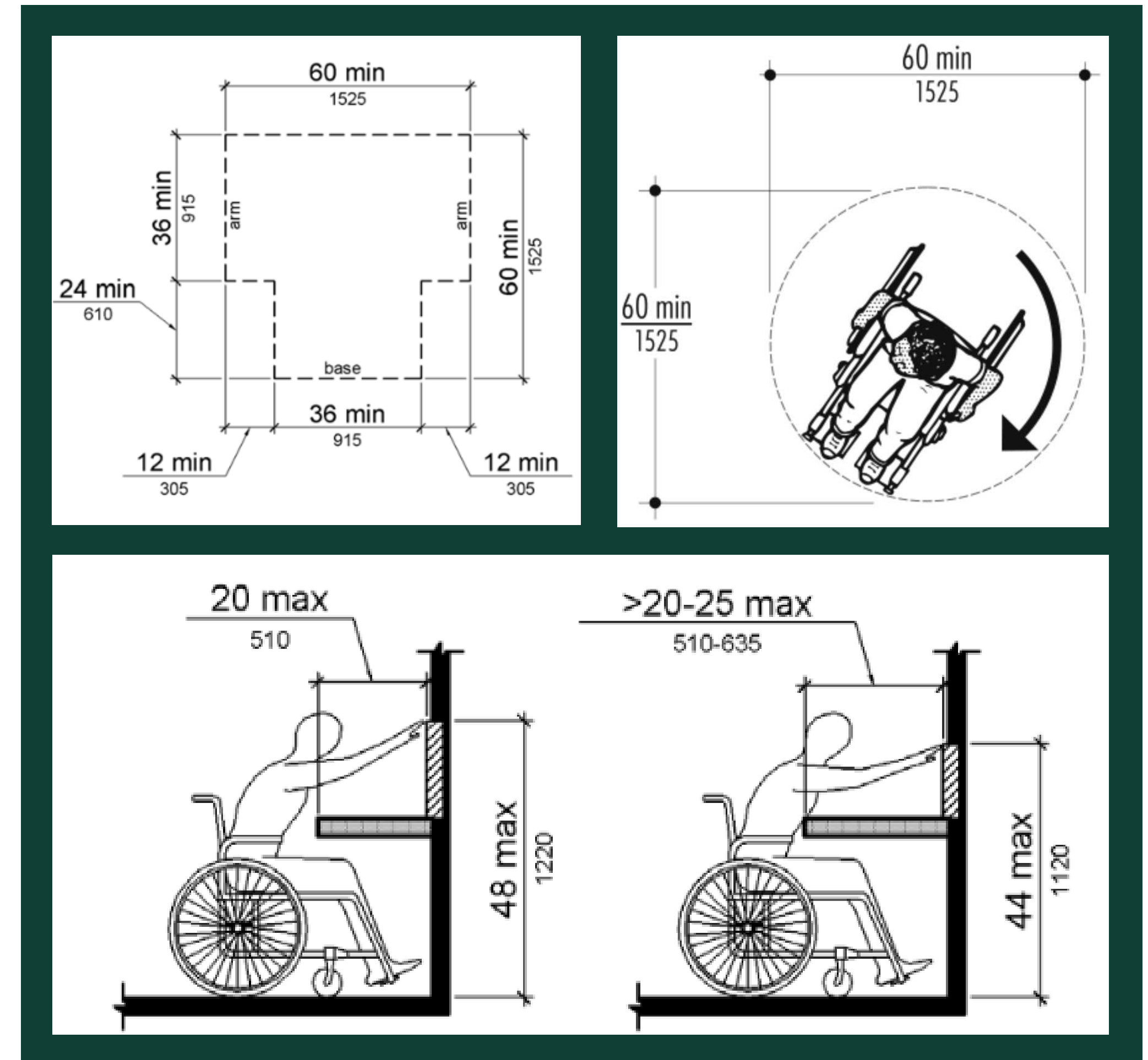
Friendly Airports for Mothers (FAM) Act

All large and medium-sized airports are now required to provide a clean, private, non-bathroom space in each terminal for the expression of breast milk. The space must be accessible to persons with disabilities, available in each terminal building after the security checkpoint, **and include a place to sit, a table or other flat surface, and an electrical outlet.** The bill also makes grants available to airports to help them make these critical renovations. The Act also requires airports to provide a baby changing table in one men's and one women's restroom in each passenger terminal building.

<http://www.usbreastfeeding.org/fam-act>

Accessibility Considerations

- Locations
- Clear space
- Counter height
- Receptacle locations
- Hardware
- Refer to current code for requirements:
 - 2018 IBC
 - ICC 117.1-2009
 - 2010 ADAAG



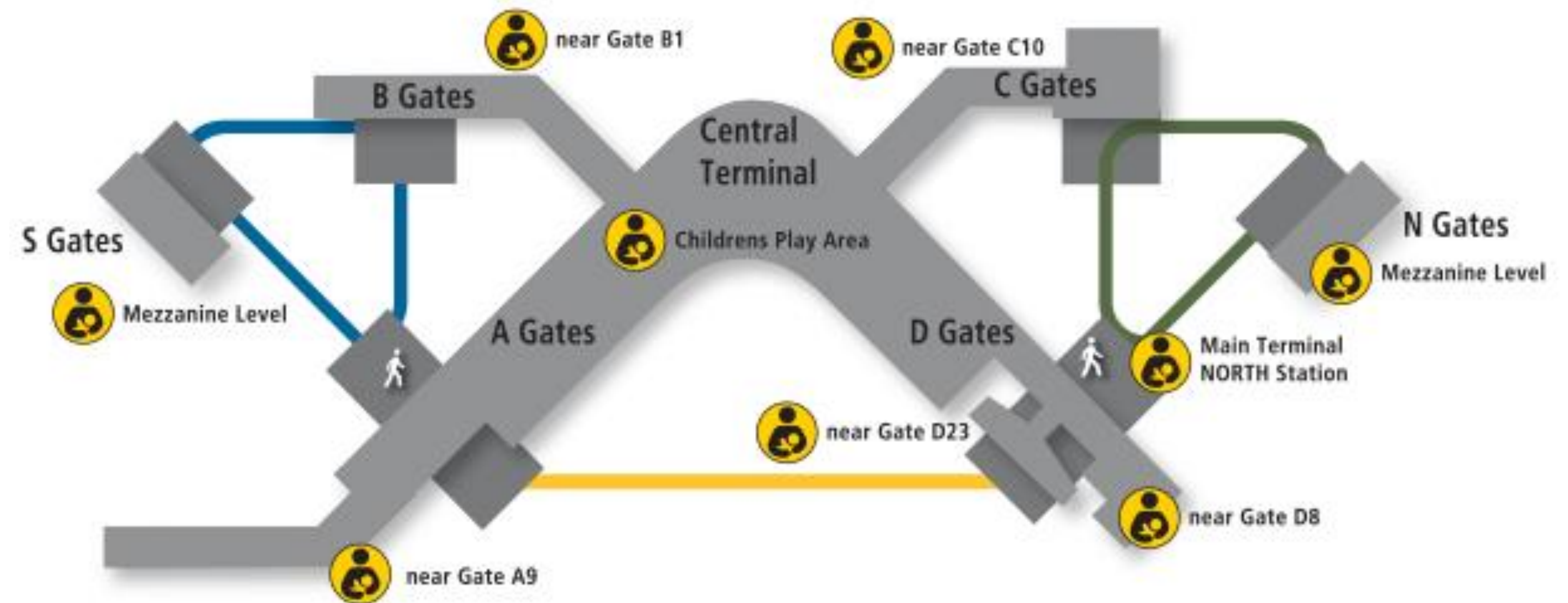
Locations at SEA

- Concourse A: Gate A9
- Concourse B: Gate B1
- Children's Play Area
- Concourse C: Gate C10E/F
- Concourse D:
 - Gate D23
 - Gate D8
 - Satellite Train Station
- South Satellite Mezzanine Level
- North Satellite Mezzanine Level



Nursing Mother's Suite

Nursing Mother's Suite locations





Images courtesy of Google Image

Nursing vs Lactation?

The term "Nursing" and "Lactation" are sometimes used interchangeably when referring to these spaces but there are differences.

Nursing refers to breastfeeding and/or bottle feeding a baby and/or young child. Technically a person can nurse their child in a public space.

However the act of pumping breast milk needs more privacy and requires a lockable room.

The FAM Act requires Airports to provide a **Lactation Room** in each Terminal.



Image courtesy of www.indianexpress.com

Who can use the space?

Nursing Rooms can be used by a single person or multiple users, regardless of their gender. It is a space parents can access to get away from the busy and sometimes noisy airport to feed their child.

Lactation Rooms, though preferred as a single user space, can also be designed for multiple users.

Another option is to combine the two spaces to create a Suite or Lounge with private lactation rooms and an open nursing space so multiple users can utilize the space at the same time.

Each facility will determine their own use policy. Regardless of the type of space it should be accessible by all.



Image courtesy of www.nasa.gov

Lactation Room

Minimum requirements:

- Shielded from view and free from intrusion
- Lockable door
- Place to sit
- Table or other flat surface
- Electrical outlet
- Non-bathroom space



Image courtesy of Amazon

Lactation Pods

When space (or construction budget) is limited, modular lactation pods, such as a Mamava, have many benefits:

- Quickly installed
- Flexible and easy to move
- ADA Accessible available
- Custom graphics available
- Lockable option available
- Ceiling vents and exhaust fan
- Occupancy-activated lighting
- Shelf, mirror, and coat hook

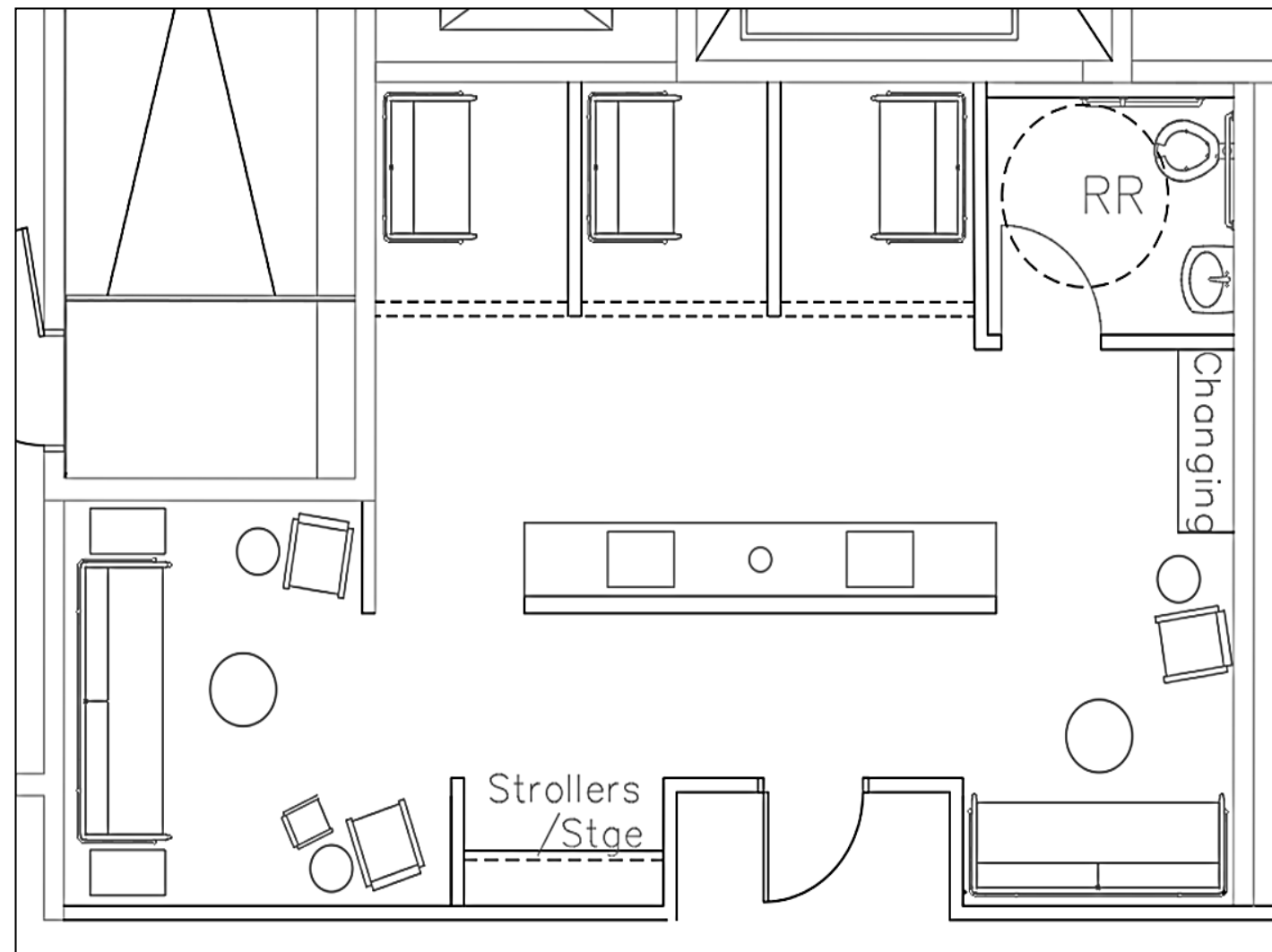


Image courtesy of Neil Sherk & Frank Irlanda



Images courtesy of Google Image

Nursing Suite



Additional Amenities:

- Decorative/Dimmable Lighting
- Sink and bottle cleaning
- Calming Artwork/Decor
- Radio/Calming Music
- Comfortable seating
- Baby Changing Table
- Occupancy indicators



Image courtesy of Johanna Ordaz

Nursing Suite with Lactation Spaces*



Image courtesy of Johanna Ordaz

* Note the individual spaces are not lockable but there is an option lock the main door at entrance, spaces can be retrofit with locking doors in future to provide more privacy

Customer Service

- Increased expectations from passengers and airport staff
- Upgraded finishes
- Types of amenities provided
- Adjacency to other amenities
- Map of other locations
- Cleanliness

Not Pictured:

- A locking door with privacy indicator
- A dedicated mini-refrigerator outside the room to allow access to temperature sensitive items if the room is in use
- A mirror to ensure one is clean and professional when leaving the room

- Microwave for sterilizing pump parts

- Sink for hand hygiene and rinsing pumping parts and bottles

- White noise machine and accent light for privacy and relaxation

- Reclining chair with built in leg rest

Adjustable overhead lights

Acoustical ceiling tile and carpet for sound absorption and privacy

Sanitation supplies and tissues

Ample counter top space for pumping equipment or a laptop

Convenient power receptacles for electric pumps or laptops

The relaxation elements in this room are important for a pumping worker because milk letdown and pumping efficiency are influenced by emotional state. The relaxation elements also help other employees who may need to use the room due to other wellness situations such as a migraine or overwhelming anxiety.

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Future Opportunities

- Use of technology for frequent cleaning via occupancy sensors
- Provide additional supplies for users
- Emergency Communication
- Appliances such as microwaves and mini fridges

Image courtesy of Marvin Lewis



Questions?

Thank You!



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